



## Palo Duro

### Senior Center

5221 Palo Duro NE  
Albuquerque, NM 87110  
505-888-8102  
Fax: 505-888-8107

### Hours of Operation

Mon-Fri 8:00–5:00  
Wed 8:00–7:00  
Sat 9:00–1:00

### Desert Willow

#### Gift Shop

Mon-Fri 9:00–2:00  
505-888-8105

### Open Computer Lab

Mon, Tue, Fri 1:00–3:00  
Thu 9:30–11:30

### Free Wi-Fi every day!

COA Free Wireless

### Senior Information

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
505-764-6400

### RSVP Office

505-767-5225

Looking for the gym?  
It's next to McKinley  
Community Center by  
the Middle School on  
Monroe at Comanche.



## Palo Duro

### Fitness Center

3351 Monroe NE  
Albuquerque, NM 87110  
505-880-2800

### Hours of Operation

Mon-Fri 7:00–7:00  
Sat 8:00–2:00

# APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center



## Haunted Pumpkin Patch Luncheon & Costume Contest

Thursday, October 20  
11:30–11:45a seating  
\$4 Ticket in advance

### Live Performance by

*Paul Pino & the Tone Daddies*

Our planned menu: soup, pork roast,  
crunchy green bean salad, cornbread  
and carrot cake (subject to change.)

*No regular breakfast or lunch today.*  
*Continental Breakfast for \$1.50*

## Changes at Palo Duro

- Sewing and Alterations will meet in the Piñon Room on Tuesday, October 4
- No Aquatics on October 7 or 14
- Ceramics meeting time changes:
  - From 10/17, Mondays 11:00–3:00p
  - From 10/20, Thursdays 9:00–1:00p
- Windows 10 Computer Class dates now: Fridays, Oct 14, 21, 28 and Nov 4
- Accordion Group changed to October 22

## Movies at PDSC

**Hugo** (2011) PG - 126 minutes  
Thursday, October 13, 1:30–4:00p

**Hocus Pocus** (1993) PG - 96 mins  
Thursday, October 27, 1:30–3:30p

*Free refreshments at intermission.*

October 2016



## Veterans Wall of Honor

### Unveiling Ceremony

Tuesday, October 25, 9:30–11:00a

*Details on page 6*

## Silver Horizons Food Pantry (FREE!)

On the following Tuesdays:

Oct 25, Nov 22, Dec 27  
3:00–4:30p

Bring your own bags if you like.  
Choose from a variety of meats,  
fruits and vegetables, bread, dairy  
and sundry items, all at no cost.

The selection varies each month.

## Pumpkin Decorating Also, Free Vaccinations for Flu and Pneumonia

Sponsored by Walmart & Sprouts

Wednesday, October 19  
12:30–3:00p

*Pumpkins will be displayed at  
luncheon on  
October 20*



## Staff Training Retreat

Friday, October 7

## Veterans Day

Friday, November 11



*City of  
Albuquerque*

**Richard J.  
Berry**  
Mayor



## Department of Senior Affairs

**Jorja  
Armijo-Brasher**  
Director

**Rhonda Methvin**  
Recreation Division  
Manager



## Palo Duro Senior Center

**Natasha Montoya**  
Center Manager

**Clarissa Gonzales**  
Program Coordinator

**Joe Zivny**  
Office Assistant

**Dave Ellis**  
Program Assistant

**vacant**  
Program Assistant

**Manuel Ibuado**  
General Services

**Ted Casey**  
Cook

**Wanda Valdez**  
Assistant Cook

Articles must be submitted by the 15<sup>th</sup> of the month to be considered for next month, subject to editing, available space and approval of the Center Manager.

## Visiting Artist Program

**Tuesdays 1:00–3:00p**

There are many exciting and creative activities offered this month by outstanding artists from our community. This series of art activities is suitable for beginners as well as those with art experience.

*Free and open to all Senior Center members.*

Date	Program	Artist
<b>4</b>	Guest Artist or Open Studio	
<b>11</b>	Watercolor	Patricia Baca
<b>18</b>	Colored Pencil & Beyond	Ann Jeffries
<b>25</b>	Watercolor Landscapes	Tricia Love

## Adapted Aquatics

**Monthly program  
at UNM Pool**

Register on the 15<sup>th</sup>  
at PD Fitness Center  
3351 Monroe NE  
or call 505-880-2800

M, W, F 8:30–10:45a  
M & F 12:30–2:45p

## OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p  
Thursdays 9:30–11:30a



Windows 10 PCs  
Scanner is available  
Printing per page:  
B&W: \$0.15  
Color: \$0.20

*Bring a USB Flash Drive to save your work.*

## Sponsored Events

### Bingo

Tuesdays 1:15–4:00p

- 4** - Lovelace
- 11** - Heritage Home Healthcare
- 18** - ABQ Grand
- 25** - Atria



### Friendship Coffee

Wednesdays 9:15–10:15a

- 5** - Blue Cross/Blue Shield
- 12** - Legal Shield
- 19** - Walgreens @ San Mateo
- 26** - Sun Tours



## MYSTERY BOOK CLUB

2<sup>nd</sup> Tuesdays  
1:30–2:30p

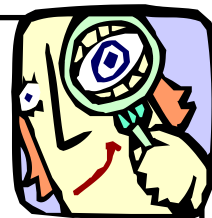
The books we read are available at the public library. Everyone is welcome. Please join us!

**October 11**

*A Corpse in the Koryo*  
by James Church

**November 8**

*One Drop of Blood*  
by Thomas Holland



## T.O.P.S. Treasure Sale

The wait is almost over.

Our annual Treasure Sale is coming.

**Monday, November 7**

11:30a-12:45p

We'll be waiting for you  
in the Aspen Room!



Our club meets  
weekly on  
Mondays  
11:45a-1:00p

## Holiday Marketplace

Nov. 1 thru Dec. 20  
Tuesdays, 8:30a-noon

Vendor Table \$2.00



## 2016 "Compete and Meet" Bench Press Competition

*North Domingo Baca Multigenerational Center*

7521 Carmel Ave NE \* 505-764-6496

**Saturday, October 15**

Weigh-ins start at 9:00a

Competition at 10:00a



Competition is organized by age groups and gender. Individual medals will be given to the top 3 lifters in each category. Each participant will be given three attempts and the heaviest successful lift will be recorded. There will be a traveling trophy awarded to the 50+ Sports and Fitness Center with the strongest team. Must be 18 and over to participate. Register at North Domingo Baca Multigenerational Center, Palo Duro Sport and Fitness, and Los Volcanes Sports and Fitness. Early registration is encouraged but there will be on-site registration the day of competition.

*For more information, please call 505-764-6496*

## Erna Fergusson Library

Just across the parking lot from PDSC!

### Coloring for Grown-Ups

Sunday, October 2, 3:00-4:00p

Bring your friends, destress, and relax while coloring beautiful designs and patterns. All materials will be provided at no charge.

### Chain Maille Craft

Saturday, October 8, 11:00a-1:00p

Create an attractive bracelet using colorful aluminum wire. Free session.

### Shear Madness!

Saturday, October 8, 2:30-4:30p

Bring your own fabric projects to work on, drop in for some helpful advice, or participate in a different craft each month. Materials provided at no cost.

## News from Elenor at the Desert Willow Gift Shop

Holidays are fast approaching, so start your holiday shopping early in our gift shop. We have lots of "one-of-a-kind" items. Come in and get a gift for someone or for yourself.

All items are handmade by seniors with 90% going to the crafter. Your holiday items may be submitted or picked up when the Shop is open Monday thru Friday, 9:00a-2:00p.

Did you know that our Gift Shop is staffed by volunteers and that they also provide a variety of recycle/reuse services?

- **Lending Library** – your donations of gently-used books are much appreciated. We also have a selection of Large Print Books that are marked with a yellow dot on the spine.
- Drop off **Eyeglasses** and **Hearing Aids** for the Lions Club.
- Browse the **Freebie Box** of donated items for free treasures.

For more information, call 888-8105.

## ***Presentations / Classes / Clinics***

*Please reserve your seat by telephone  
or stop by the front desk—Thank you!*

### **GEHM Clinic**

Wed 10/5, 8:00a–noon - UNM Nursing Staff

### **Fall is for Planting**

Thu 10/6, 10:00a - Osuna Nursery

### **Essential Oils: Origins of Essential Oils**

Wed 10/12, 5:30p - with Carmen Good

### **Identity Theft: Prevention & Remedies**

Wed 10/26, 9:30a - Senior Citizens' Law Office

### **Keep Albuquerque Beautiful**

Thu 10/27, 10:00a - Mila Romero

### **GEHM Clinic**

Wed 11/2, 8:00–11:00a - UNM Nursing Staff

### **Pluto: A Visit by New Horizons Spacecraft**

Wed 11/2, 9:30a - with Len Duda

### **Essential Oils: Stress Management**

Wed 11/9, 5:30p - with Carmen Good

### **So You Want To Volunteer?**

Thu 12/1, 10:00a - with Jo Felder

### **GEHM Clinic**

Wed 12/7, 8:00a–noon - UNM Nursing Staff

### **Essential Oils: Medicine Cabinet**

Wed 12/14, 5:30p - with Carmen Good

### **Emotional Freedom Technique**

2<sup>nd</sup> Mondays, 1:00–2:30p

\$5 per Session

EFT, or Tapping, is a self-healing tool for stress relief. Easy to learn, it's used to promote calmness, ease anxiety and it sometimes helps to alleviate physical pain. Provides tools to make empowered decisions.

## ***Last Call for Trips!***

*Only a few seats remain. Register at the  
front desk—First come, first served!*

### **Prime Time Expo** - Albuquerque

See advertisement on page 7 for more details

Thursday, October 6      Transportation: Free

Shuttle service between 8:30a and 2:30p

### **A Fare to Remember:**

**El Parasol** - Santa Fe

Monday, November 14      Check-in: 9:45–10:00a

Transportation: \$6.50      Return: 4:00p

### **Ride and Roam with Ron—Mystery Trip**

Wed, November 23      Check-in: 8:00–8:15a

Transportation: \$6.50 + mileage      Return: 4:00p

### **Holiday Shopping &**

**Gertrude Zachary Tour** - Albuquerque

Thursday, December 8      Check-in: 9:15–9:30a

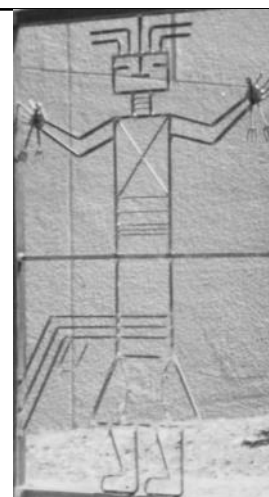
Transportation: \$2.00      Return: 4:00p

## **Have you seen...**

1. Who am I?
2. Where can you find me at Palo Duro Senior Center?

Drop off your answers in the suggestion box by October 21 to enter a drawing for a prize.

*Please be sure to include  
your Name and Phone Number!*



### **Trick or Treat at PDSC**

Monday, October 31

Wear a costume and  
get a treat!



## On-going Daily Activities Schedule

<b>Monday</b>		<b>Monday</b>	
8:00–12:00	Ceramics (11:00a–3:00p starting 10/17)	1:00–3:00	Palo Duro Palettes
8:15–9:15	Aerobics	1:00–3:00	Square Dancing
8:30–11:00	Lapidary	3:15–4:15	Nia Technique
9:00–10:00	Yoga, Belts and Blocks	3:15–4:15	Tai Chi Chih, Beginning
9:00–11:00	Choralaires	4:30–5:30	Tai Chi Chih, Continuing
9:15–11:15	Blood Pressure Check	5:15–6:15	Yoga, Belts and Blocks
9:30–10:30	Gentle Exercise	<b>Thursday</b>	
11:00–1:00	<i>Lujan Grisham Mobile Office (3<sup>rd</sup> Qtrly: 12-19)</i>	8:00–9:00	Flex & Tone
11:15–2:30	Philatelic Society	8:00–12:00	Ceramics (9:00a–1:00p starting 10/20)
11:30–1:00	Jug Band Practice	8:15–4:30	<i>Rockhound Trip (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>
11:45–1:00	T.O.P.S.	8:30–12:00	Deaf Seniors
12:15–4:00	Duplicate Bridge	8:30–11:30	Lapidary
1:00–3:00	French, Advanced	9:00–11:30	German, Intermediate
1:00–3:00	Open Computer Lab	9:30–11:30	Open Computer Lab
1:30–3:15	Line Dancing, Advanced	12:00–1:00	<i>Rockhound Meeting (1<sup>st</sup> &amp; 3<sup>rd</sup>)</i>
2:45–4:30	Retired Physicians	12:00–3:30	<i>Mah Jongg (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>
3:00–4:00	French Language Book Club	12:30–4:00	<i>Senior Men's Bridge (1<sup>st</sup> only)</i>
3:15–4:30	Line Dancing, Beginning	1:00–4:30	Metalcasting
<b>Tuesday</b>		1:00–3:00	Discussion Group, Open Topic
8:00–9:00	Flex & Tone	1:30–3:30	<i>Movies (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>
8:00–12:30	Quilting (and more!)	<b>Friday</b>	
8:15–4:00	Hiking (every other) - reservation required	8:15–9:15	Aerobics
8:30–11:30	Tuesday's Angels	8:30–12:30	<i>Defensive Driving (1<sup>st</sup> only)</i>
8:30–11:30	Lapidary	9:00–12:00	Accordion Group
10:00–12:30	Sewing & Alterations	9:00–11:30	Pottery
12:00–2:00	Leathercraft	9:30–10:30	Gentle Exercise
1:00–3:00	<i>ABQ Travel Partners (2<sup>nd</sup> &amp; 4<sup>th</sup>)</i>	9:30–10:30	Tai Chi, drop-in (no 1 <sup>st</sup> )
1:00–3:00	Open Computer Lab	9:30–11:30	Stained Glass
1:00–3:00	Visiting Artists	12:00–2:00	Get It Done
1:15–4:00	Bingo	12:15–4:00	Duplicate Bridge
1:30–2:30	<i>Mystery Book Club (2<sup>nd</sup> only)</i>	1:00–3:00	Spanish, Beginning
2:15–4:30	Rio Grande Players	1:00–3:30	Cribbage
<b>Wednesday</b>		1:00–3:00	Open Computer Lab
8:00–11:30	Pottery Lab	2:15–4:30	Swedish Weaving
8:15–9:15	Aerobics	<b>Saturday</b>	
9:00–10:00	Gentle Yoga	9:00–3:00	Hiking - reservation required
9:15–10:15	Friendship Coffee	9:00–10:30	Line Dancing, Beginning
9:30–10:30	Gentle Exercise	9:00–1:00	Quilting
10:00–12:00	<i>Investment Club (BCIC) (3<sup>rd</sup> only)</i>	9:30–11:30	Table Tennis ( <i>till 10:30 on 1<sup>st</sup> only</i> )
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–11:30	ABQ Recorder Orchestra
12:00–3:00	Busy Bees - Crochet & Knit	10:00–12:00	<i>Accordion Group (3<sup>rd</sup> only)</i>
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:00–12:00	<i>Essential Tremors (3<sup>rd</sup> only)</i>
12:30–2:45	Bridge Group	10:00–11:00	<i>NARFE Board Meeting (1<sup>st</sup> only)</i>
<b>Note: Days and Times are subject to change.</b>		10:30–12:00	<i>Line Dancing, Advanced (no 1<sup>st</sup>)</i>
		11:00–12:30	<i>Red Hat Society (1<sup>st</sup> only)</i>
		11:00–12:45	<i>NARFE Chapter 80 Meeting (1<sup>st</sup> only)</i>





## **Palo Duro Senior Veterans Wall of Honor**

Palo Duro Senior Center will commemorate our veterans on a permanent wall displaying past and current photos along with a short biography and summary of service for each senior.

### **Unveiling Ceremony**

***Please note: Date changed to***

**Tuesday, October 25, 9:30–11:00a**

To reserve a place on the Veterans Wall for yourself or a family member who is or was a member at our center:

1. Sign up at the front desk for an appointment to have your picture taken on October 4.
2. Provide a past photo from the time of service.
3. Provide a short (5-10 sentences) biography and summary of what you did, either typed or handwritten.
4. Come to the photo shoot to have a current photo taken wearing business casual attire (no T-shirts, please.)  
Or, if our Veteran has since passed, please provide the most recent photo available.

### **Photo Shoot**

Tuesday, October 4, 9:00–noon

Please bring past photo and bio.

#### **How are we doing?**

#### **Have an idea for a Thursday movie?**

Our suggestion box is located at the bulletin board by the front desk. Please include your name to get a response.

## ***Visit Our Other Centers, too***

All Centers will be closed for Staff Training on

**Friday, October 7, 2016**

### **Barelas Senior Center**

714 Seventh St SW, 87102

505-764-6436

### **Bear Canyon Senior Center**

4645 Pitt NE, 87111

505-767-5959

### **Highland Senior Center**

131 Monroe NE, 87108

505-767-5210

### **Los Volcanes Fitness Center**

6500 Los Volcanes NW, 87121

505-767-5990

### **Los Volcanes Senior Center**

6500 Los Volcanes NW, 87121

505-767-5999

### **Manzano Mesa Multigenerational Center**

501 Elizabeth SE, 87123

505-275-8731

### **N. Domingo Baca Multigenerational Center**

7521 Carmel Ave NE, 87113

505-764-6475

### **North Valley Senior Center**

3825 Fourth St NW, 87107

505-761-4025

### **Palo Duro Fitness Center**

3351 Monroe NE, 87110

505-880-2800

## ***Suggestion Box***

**I would like to have sugar free pie**

**– Magdalena Sisneros**

Great Idea! Currently the kitchen does not have sugar free pies on its preapproved menu. We can look into it. Maybe we can ask a sponsor to bring in sugar free pies as well.



The Corporation for National and Community Service is a federal agency that engages more than five million Americans in service through Senior Corps, AmeriCorps, and Learn & Serve America, and leads the service initiative, United We Serve.

Senior Corps taps into the rich experience, skills, and talents of the 55+ population. Through grants and other resources, including the energy and efforts of citizens age 55 and over, Senior Corps helps meet the needs and challenges of America's communities.

*Volunteering can be fun for the whole family. For more opportunities in the Albuquerque area, visit <http://www.cabq.gov/volunteers>*



**Retired Senior Volunteer Program**  
**131 Monroe NE, Albuquerque, NM 87108**  
*At Highland Senior Center*  
 505-767-5225 FAX 505-767-5230

*Please remember to turn in your timesheet(s) at the end of each month to get credit for your service.*

**Senior Companion Program**  
**415 Fruit NE, Albuquerque, NM 87102**  
 505-764-1612 FAX 505-764-1620

**Foster Grandparent Program**  
**714 Seventh St NE, Albuquerque, NM 87102**  
 505-764-6412 FAX 505-764-6455

26th Annual

# Oso Canyon Art Fest

**Saturday, November 5, 2016**  
**Bear Canyon Senior Center**  
 4645 Pitt, NE Albuquerque, NM 87111  
 (505) 767-5959

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**Food Trucks! 9am—3pm Silent Auction!**

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Bear Canyon's 26th annual arts and crafts event features one-of-a-kind creations by talented local artists and crafters.

**Find the perfect holiday gift!**

Sponsored by the Friends of Bear Canyon

Richard Berry, Mayor Jorja Armijo-Brasher, Director, DSA

PRIME TIME MONTHLY PRESENTS

# 50+

## EXPO

21<sup>ST</sup> ANNUAL

**Thursday,**  
**October 6<sup>th</sup>, 2016**  
 8:30 a.m. - 2:30 p.m. @ Embassy Suites

**Health Screenings, Entertainment & Much More!**

BROUGHT TO YOU BY

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

DEPARTMENT OF SENIOR AFFAIRS

A Division of Southern HealthCare Partners

**Call Us!**  
**505.880.0470**  
**For More Info**

**FREE EVENT**

# The Mesquite Diner

Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Bratwurst	<b>4</b> Baked Macaroni & Cheese	<b>5</b> Stuffed Bell Pepper	<b>6</b> Carne Adovada	<b>7</b> <b>All Centers Closed Staff Training Day</b>
<b>10</b> Salmon	<b>11</b> Baked Ziti	<b>12</b> Turkey w/ Gravy	<b>13</b> Chicken Tenders	<b>14</b> Bacon Green Chile Burger
<b>17</b> Turkey Corndog	<b>18</b> Pork Stir-fry	<b>19</b> Frito Pie	<b>20 Special Luncheon</b> Scary Pumpkin Patch \$4 Ticket in advance	<b>21</b> Spaghetti w/ Meat Sauce
<b>24</b> Pork Chop	<b>25</b> Red Chile Cheese Omelet	<b>26</b> Pollock	<b>27</b> Green Chile Chicken Lasagna	<b>28</b> BBQ Brisket Sandwich
<b>31</b>	<b>Nov 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b><i>This Week's Menu To Be Announced</i></b>				

## Ice Cream Social

**75¢ Sundaes**  
4<sup>th</sup> Wednesdays  
October 26  
11:30–12:30




## Popcorn

**25¢ Bag**  
Tuesday thru  
Thursday  
We're popping 10:30–1:30



## Microwave Oven

  
by the Ice Machine

## Fruit Smoothies

will return in Spring



## Other options without a reservation — Monday thru Friday

### Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini.... \$0.75  
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50  
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich or Friday Waffle.. \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

### Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50  
half sandwich..... \$0.75

Grilled Cheese..... \$1.25

### **Beverages during all meals**

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30